

Your Community

The official newsletter of the R.M. of East St. Paul

December 2023

For more information, call: 204-668-8112

Online: www.eaststpaul.com

Email: info@eaststpaul.com

Office: 1 - 3021 Birds Hill Rd. 8:30 a.m. to 4:30 p.m.

Winter safety tips from ESP Fire Department

Now that the winter season is upon us, members of the East St. Paul Fire Department would again like to remind residents to continue thinking about their safety. Following are some reminders:

- Drive to road conditions. Posted speed limits are designated for dry roads in the summer. Give yourself extra time when heading out on ice- and snow-covered roads.

- Don't be fooled with ABS breaking. ABS gives you the ability to steer around obstacles without locking up your tires. ABS does not make your vehicle stop any quicker on icy roads.

- Please do not drink and drive. Please do not use street or other drugs and drive. Unfortunately, we respond to many vehicle collisions and see the tragic results of impaired driving.

- Most houses in the rural municipality have high efficiency furnaces. These have exhaust and fresh air stacks located near ground level that must be kept clear of snow and drifts. Failure to do so could lead to a buildup of carbon monoxide which is a colourless and odourless gas hazardous to your health.

- Did you have your furnace checked by a trained service person?

- Darkness starts around supper time and we ask that you keep your outside lights on and make sure your address is clearly visible in case you may need emergency services.

- If you are using a wood burning fireplace, use only seasoned wood. Do not burn paper or other refuse. Crack open a nearby window to allow for fresh air to enter your home and keep your fires small. Do you have the fireplace cleaned annually by a qualified professional?

- Hopefully you are checking your smoke and carbon monoxide detectors on a weekly basis. Did you change the batteries when the clocks were moved back?

- Use space heaters according to manufacturer's instructions.



If you have a live Christmas tree this season, never use real candles on it. And if you have lights on your tree, unplug them when you are leaving your house.

Keep all combustibles at least one metre away from the heater. Unplug your space heater if you are leaving your home.

- Extension cords are a temporary measure and should not be used as a permanent wiring solution. Do not cover cords with rugs etc. as this creates a fire hazard.

- Check your block heater cords for signs of fraying. We don't recommend using an interior car warmer or your block heater if you have parked your car inside of a garage. Remember that windchill does not affect a vehicle. A small car fire can lead to big problems especially if the garage is attached to your home.

- During the Christmas season if you have a live evergreen tree, do not use real candles on your tree and keep the tree well-watered. If you are leaving your home, unplug the tree lights.

- NEVER leave live candles burning if no one is home.

- Using propane barbecues inside or storing propane tanks in a building such as a garage is prohibited by the Manitoba Fire Code.

As the year winds down, we would like to thank all of the residents of the municipality and members of Council for their ongoing support. In addition, we would like to thank the RCMP, EMS members from Interlake-Eastern RHA and the WFPS for their assistance at many of the incidents they attended in conjunction with our fire department.

In closing, the members of the East St. Paul Fire Department would like to wish everyone a very Merry Christmas and a safe and healthy New Year.



Merry Christmas!

Seasonal switch from bikers to hikers

The bikes might be parked for the season but that just means the senior women in East St. Paul are traversing the countryside on two feet instead of two wheels.

Cycling With Sarah has shifted from bikers to hikers, and even tobogganing as the summer faded to fall and now winter approaches. And, no surprise here, it's been a hoot!

"It is really nice. We've had so many good hikes. The weather has just been unbelievably good," said Sarah Gravelle-Mackenzie, who started the cycling club this past summer.

"We do (Swistun Family Park) out here. Everybody loves it, I love being out here. It's just so fantastic. I took the ladies up high and that was something different for them and it was really fun. We were out for a while and then we finished up with some tobogganing."

The cycling club quickly became popular with the over-55 crowd and 52 signed up with another 40 on the waiting list.

Some regulars from the cycling group have continued on with hiking but there's been plenty of new faces who've come on board as well.

"It's really interesting. I would say it's about half and half. So half of the cyclists that have been with us, the ones that were always out, are still here, some have other things, they get into curling," she said.

"But the other half are all new people and they either were on the wait list for cycling or they're not cyclists, but they just want to do the winter activities, which is really what I was hoping would happen."

The cycling group was born out of necessity. Gravelle-Mackenzie was a cyclist and interested in joining a group for camaraderie and safety reasons too. But she found it difficult to fit in,



The bikers have become hikers and if the snow ever shows up they'll be cross-country skiing and snowshoeing. The group has partnered with several groups, including the RM of East St. Paul, to offer more activities.

sadly because of her age.

The younger groups didn't want her because they didn't think she could keep up. Not one to wallow in self pity, she started Cycling With Sarah and hasn't looked back since.

She said the women who joined her instantly formed a bond and enjoyed the work out, for the body and the mind.

East St. Paul resident Lisa Molin had good things to say about the group this summer.

"It's been fun, the ladies have been great," Molin said.

"I think the social aspect adds to it, the physical aspect, we laugh, we have fun. It's lots of laughs, we're all the same generational kind of thing."

Hiking will continue throughout the winter, but the group will do cross country skiing and

snowshoeing as well.

Gravelle-Mackenzie, who volunteers her time along with co-founder Rose McDonald, has partnered with Winnipeg Trails Association and on Jan. 6 at 1pm they will host an education session on cross country skiing.

The group uses an app called Spond to keep everyone up to date about hikes and other events. The app is a secure and private way to communicate. They've also partnered with the RM of East St. Paul for registrations and snowshoeing.

"Everybody who wants to hike or do any winter activity with us registers first with East St. Paul Recreation Services. And they sign their waiver. And then the second step for them is they come on to Spond. And so they then have all access to our

events and everything," Gravelle-Mackenzie said.

ESP Rec Services Coordinator Melissa Larter says the RM is thrilled to be involved in helping community members who want to be active.

"We are able to support Sarah and Rose with equipment to use, space to gather and socialize and build their capacity to organize activities for this group of women," Larter said.

"The RM wants to work with and support individuals from our community to help facilitate their ideas for an active and healthy lifestyle at all stages of life."

For more information, including details on the skiing session, contact Gravelle-Mackenzie at cyclingwithsarah@gmail.com. You can also follow her on Instagram @cyclingwithsarah



Holiday

FLORAL WORKSHOP

WEDNESDAY DEC 20 6:00PM

COST: \$25

To register:

Email recreation@eaststpaul.com

Call 204-391-1367



Register now for Seniors Yoga

The ESP 55+ Activity Club is a great place to meet other seniors in our community, do some socializing and participate in fun activities. "Body Benders Yoga" is the name of our seniors yoga group and our Winter 2024 yoga session runs from Jan. 8, 2024 to May 4, 2024.

We offer a variety of classes throughout the week with qualified instructors leading the classes. And we do this at the low rate of \$4 per class.

Registrations are now being accepted and deadline to register is Dec. 11, 2023. Space is limited and late registrations will not be accepted so contact us early!

Details can be obtained by emailing bodybendersyoga@gmail.com. We also have information sheets that can be picked up in the mailbox just outside of the doors at the ESP 55+ Centre located at 262 Hoddinott Ave.

The ESP 55+ Activity Club is a volunteer non profit organization run by seniors for seniors in our community.

We offer a variety of activities including yoga, quilting, line dancing, cards, creative minds (artists), book club, mah jongg, zumba, shuffleboard, pool and music. For more information on the Club and its activities, please email us at esp55plus@gmail.com.

SIGN UP FOR e-blasts at eaststpaul.com

Lacrosse taking ESP's Will Angus around the world

East St. Paul's Will Angus has already had a successful lacrosse career and now he's committed to play at the University of Montevallo in Alabama.

He will play for the Montevallo Falcons and attending the Stephens College of Business. Will has completed a year of business studies at the University of Manitoba as well.

His lacrosse career began at the pee-wee level with the Gryphons and he has soared since then, representing Manitoba three times at Nationals.

Will joined the Winnipeg Blizzard Junior Lacrosse team when he was 15 and for his last two years with the team was the Assistant Captain. In his Grade 12 year he wore the 'C' for the River East Kodiaks.

While at River East he played with his younger brothers Alexander and Sam and they were a force to be reckoned with. The Angus boys lead the team in scoring and Will won league MVP for the attack position.

A special opportunity presented itself for Will in the summer of 2022 when he was asked to play for Australia in the World In-



Will Angus will be playing for the Falcons at the University of Montevallo in Alabama.

ternational Box Lacrosse Championship, held in Winnipeg. He followed that up with a trip to

Australia the following spring as a member of Canada's development team at the Common-

wealth Cup. It was the first time Australia had hosted an international box lacrosse tournament and Will ended up scored the first goal.

Will returned home and was asked to play for Canada in the summer of 2023 at the IIJL World Junior Lacrosse Championship in Saskatoon. Canada won silver. He represented his country once again, along with his brothers, at the U18 IIJL World Lacrosse Championship in Utica, N.Y., this past August where Canada again took the silver.

It's an exciting time and Will, and his brothers, are no doubt looking forward to 2028 when lacrosse will be part of the Olympics in Los Angeles. It has been a demonstration sport at the Olympics three times, most recently in 1948. The last time it was an official sport in the Olympics was 1908.

Will and his family thank the community of East St. Paul, his sponsors, the ESP Community Centre and the RM for all their support. Congratulations Will and good luck with the Falcons.



Royals U13 A2A White Division team won the East Selkirk Fall Classic on Oct. 25. Local players on the team include Ben Coyle, Max Bruyere, David Shlafman, Michael Estrada, William McRae, Eli Bebek, Carter Dixon, Ryder Harasymiw and Chase Bouwman. Congratulations to them and the entire team and coaching staff, which includes East St. Paul's Chris McRae, Marten Shlafman, Matt Estrada, and Martin Bruyere.

Let's celebrate together!

HOLIDAY AT
THE PLAZA
Tree Lighting

Please join us for Holiday at the Plaza

SATURDAY DECEMBER 9, 2023

Centennial Plaza
3021 Birds Hill Drive
4:00 PM - 6:00 PM

Santa Pictures / Nomad Coffee Bar/
Live Chainsaw Carving Demo /
Cinnamon Buns / Fire Truck / Games

Santa
IS
Coming

Skate with Santa
Saturday December 23rd from 3:30-5:00pm
East St. Paul Arena - 266 Hoddinott rd



SIGN UP FOR e-blasts at eaststpaul.com

Councillor Corner

Ward 2 - Orest Horechko

The holidays are just around the corner, and I would like to take this opportunity to wish everyone a safe and happy season with much joy.

We are all going to be busy and I hope you will be able to spend time with family and friends. There are many activities in the municipality at this time of the year for families to enjoy, including the Holiday at the Plaza tree lighting on December 9, hopefully we will see you there.

The mild temperatures and lack of snow will show up sooner or later so this is a reminder to all to be careful when the Public Works crews are out doing snow clearing. It's an important job and the big machines need space.

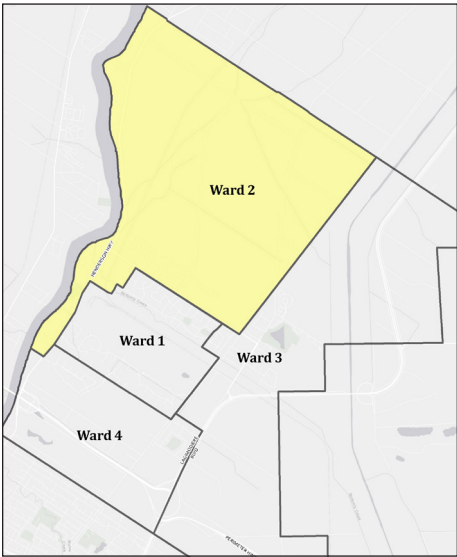
Our staff do a great job of keeping the roads maintained all year round and when it comes time to push snow they are dedicated and very efficient. Even on years when there isn't as much snow, they still scrape the streets and do sanding to keep them safe.

A reminder to all that pushing, blowing or piling snow from private property onto municipal roadways, boulevards or ditches is not allowed. The Public Works crew use the boulevards and ditches to store snow when they are clearing roads and large piles are a danger to the equipment and to other vehicles. While driving in our municipality be



mindful of children and adults walking on the roadways.

Wishing you a season that is filled to the brim with love laughter and all the joy your heart can hold. A special wish for peace in the world.



Congratulations to East St. Paul resident Nicholas Dolhy on winning the Baseball Manitoba Derrick Dubell Grassroots Umpire of the Year Award for his skills as a level 2 umpire, his Challenger Baseball Fundraising work and volunteering activities.



RM OF EAST ST. PAUL

hello
Winter
Programs

More information at www.eaststpaul.com

Kids in the Kitchen
Tumbling Two's
Martial Arts
Rec Gymnastics/
Cheerleading

Children Programs

Vinyasa Flow
Barre
ESP Hour - Strength Training
Yin Yoga
Martial Arts
Mat Pilates

Adult Programs

Have a story idea? Email donna.maxwell@eaststpaul.com